



- Northwest Harvest is Washington's independent, community-supported, statewide hunger relief agency. We distribute food free, without dues or fees, to about 300 member food banks and meal programs all over the state, all year-round.
- The programs serve about 40 percent children and babies and 17 percent elderly. Others include the working poor; laid-off workers; and those suffering medical crises.
- Northwest Harvest secured 18 million pounds of food—nearly 80 percent of it donated—in 2006.
- Northwest Harvest takes no operating funding from any government agency at all. We rely completely on financial and food donations from individuals, businesses, foundations and other organizations.
- We are especially proud of the nutritional breakdown of the food we distribute. In 2005, the breakdown was:

|                             |   |
|-----------------------------|---|
| 47.4% Fruits and Vegetables | 13.6% Grains                                |
| 4.3% Dairy                  | 22.4% Ready-to-eat and Other                |
| 12.3% Protein               | (sandwiches, salads, soups, beverages, etc) |

**Washington's Hunger Response Network** For almost 40 years, Northwest Harvest has supplied food for food banks and meal programs through the entire State of Washington. The network supplies food for 506,000 services a month. You can volunteer or donate to help feed the hungry in Washington State.

**Cherry Street Food Bank** – Northwest Harvest runs the busiest food bank in Washington State, located right in downtown Seattle. On our full-service days, we serve up to 2,000 people a day with a wide variety of healthy, nutritious food that can be selected by each client (pasta, canned vegetables, boxed meals, and meat products on the last week of each month). We emphasize and offer fresh foods almost year round. We also offer our new "Meal in a Bag" for those without cooking facilities and give out up to 800 of these meals on our full-service days. You can volunteer or donate directly to help the food bank.

**Volunteers with a Heart** - Northwest Harvest Volunteers are the centerpiece of our organization. Individuals contribute most of our funds and all of our volunteer labor -- over 43,400 hours (equal to 21 fulltime employees) in the past fiscal year. You can volunteer one-time or on a regular basis.

## 2005 Hunger Statistics and Information

### State of Washington

In 2006, the federal poverty level for a family of four was **\$20,000**, and minimum wage was \$7.63 an hour, and just under **12%** of the population lived in poverty.

In the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), the average monthly number of participants in 2005 was 160,703.

Over the last 10 years, there has been a 42% increase in the number of the poor participating in the WIC program in the state, compared to a 16% increase in the U.S.

### U.S.

In the United States, 13 million children live in households where people have to skip meals or eat less to make ends meet. That means one in ten households in the U.S. are living with hunger or are at risk of hunger.

The U.S. Conference of Mayors reports that in 2004 requests for emergency food assistance increased an average of 13 percent. The study also found that 56 percent of those requesting emergency food assistance were members of families with children and that 34 percent of adults requesting such assistance were employed. High housing costs, low-paying jobs, unemployment, and the economic downturn led the list of reasons contributing to the rise.

### World

More than 800 million people in the world go hungry every day.

In developing countries, 6 million children die each year, mostly from hunger-related causes.

### What can you do?

- Learn more at <http://www.northwestharvest.org>
- **Protect National Hunger Programs from Federal Budget Cuts**

National nutrition programs are in serious jeopardy this year because the budget deficit is huge, the cost of war is high, and the administration hopes to institute some costly reforms. Urge your members of Congress to commit themselves to a 2006 budget that provides sufficient funding for programs that benefit hungry and poor people in the United States and around the world.

- Visit [http://www.bread.org/issues/domestic\\_nutrition/take\\_action.html](http://www.bread.org/issues/domestic_nutrition/take_action.html)
- **Change Consumption Patterns: Make Socially Responsible and Healthy Purchases**

Global Exchange <http://www.globalexchange.org/>

Make Trade Fair <http://www.maketradefair.com>

The Center for a New American Dream <http://www.newdream.org/>

Monterey Bay Aquarium Seafood Watch: Choices for a Healthy Ocean  
<http://www.montereybayaquarium.org/cr/seafoodwatch.asp>

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Distribution centers in Seattle, Yakima, Aberdeen & Chewelah